

# King Fish swim into first place

**By LeAnne MacAllister**  
*USAG Baumholder Public Affairs Office*

With the divisional title on the line, the Kaiserslautern Kingfish Swimmers took on four other teams from Germany and Belgium Jan. 28 at Baumholder's Rolling Hills Athletic Center.

The Kingfish swam to their victory, taking the title back from last year's champion, the Shape Seals.

This competition was the 16th regular season match up. The Kingfish team, 77 members strong including 7 Baumholder swimmers, have been training and competing since August.

"We had a great meet last week and we had a lot of momentum coming into the championships," said Bob Clinton, Kingfish head coach.

Everyone swam great. I can't

think of a better way to end the regular season then to regain the division title," said Clinton.

Ashley Fuchs, 11, set a league record in the 200 individual medley with a time of 2:55:69. Four Baumholder swimmers placed in a total of ten races. Competitors Ashley Fuchs, Neely O'Grady, Sierra Greenwich, Robert Lancon, Sarah Money, Rachel Money and Katie Money represented Baumholder on the Kingfish team.

The team from Shape came in second place, followed by Heidelberg, Lakenheath and Brussels.

The Kingfish will head to Riccione, Italy later this month where 18 teams will compete for the European Forces Swim League Championship title.

"We're looking good, we're ready," said Clinton.



Photo by LeAnne MacAllister

Swimmers take their starting positions for relays at Divisional Championships Jan. 28th in Baumholder. The Kaiserslautern Kingfish won the meet and will be heading to Italy later this month for the European Forces Swim League Championship.



Photo by LeAnne MacAllister

## Pop quiz with the colonel

Col. Darryl Williams, 1st Armored Division, Division Artillery commander, poses questions to Smith Elementary School's 3rd, 5th and 6th grade students about the life and legacy of Dr. Martin Luther King, Jr. Jan. 26. Following the discussion, certificates were presented to students who participated in the Dr. Martin Luther King essay contest.

## Host nation

This year's Fasching season reaches its peak Feb. 25 through 27.

One of the highlights of Fasching is the traditional parade that includes dancing, music, fun and lots of noise. Baumholder's Fasching parade begins at 2:11 p.m. Feb. 27.

The parade stretches down Kennedyallee Strasse and ends at the Brühlhalle, where a Fasching party for the children ensues at 3 p.m.

Backtracking just two days, "sit-down" parties are scheduled Feb. 25 and 26 beginning promptly at 7:31 p.m. at the Brühlhalle. These events are also open to Americans but it is recommended that those who attend have a good understanding of German. Tickets for this event cost € 8.50 and may be purchased by calling mil 485-1600 or civ (06783) 6-1600.

Other Fasching events include:

**Fasching parades**

**Feb. 26,** Fasching parade at Kirchenbollenbach, 2 p.m.

**Feb. 26,** Fasching parade at St. Wendel, 2 p.m.

**Feb. 26,** Fasching parade at

Fischbach, 2 p.m.

**Feb. 26,** Fasching parade at Buhlenberg, 2 p.m.

**Feb. 27,** Fasching parade at Idar-Oberstein, 1:30 p.m.

**Feb. 27,** Fasching parade at Birkenfeld, 2 p.m.

**Feb. 27,** Fasching parade at Freisen, 2 p.m.

**Feb. 28,** Fasching parade at Berglangenbach, 11 a.m.

**Feb. 28,** Straw Bear parade at Ruschberg, 2 p.m.

**Children Fasching**

**Feb. 26,** Fasching party at Berschweiler, Dr. Darge Gym

**Feb. 26,** Fasching party at Rohrbach, 2 p.m.

**Feb. 26,** Fasching party at Hahnweiler, 2 p.m.

**Feb. 26,** Fasching party at Reichenbach, 3 p.m.

**Feb. 26,** Fasching party at Idar, Heidensteilhalle 2 p.m.

**Feb. 27,** Fasching party at Heimbach, 2 p.m.

**Feb. 27,** Fasching party at Fohren-Linden, noon

**Feb. 28,** Fasching party at Berglangenbach, 2 p.m.

**Feb. 28,** Fasching party at Thallichtenber

**Feb. 28,** Fasching party at Frauenberg, 2 p.m.



# Aerobathon gets community moving

By **LeAnne MacAllister**

**USAG Baumholder Public Affairs Office**

Morale, Welfare and Recreation hosted the first annual aerobathon Jan. 28 at Baumholder's Hall of Champions.

Approximately 80 participants took advantage of six free classes, fitness assessments, nutritional consulting, giveaways and refreshments.

"The goal of aerobathon is to get people to think about the total concept of being healthy," said Suzi Watson, post fitness coordinator and aerobathon planner.

"A lot of people are exercising, but they aren't seeing the results they want. Working out is only a part of getting in

shape," said Watson. "People also have to think about our eating habits, stress, everything."

Participants took multiple classes, focusing on different muscle groups and low versus high intensity workouts.

The event started with high-impact step aerobics then slowed down with toning before picking the pace back up with spinning — a workout conducted on stationary bicycles. After another round of step, kick boxing and yoga classes wrapped up the afternoon sessions.

"I exercised for four hours straight and it felt great," said Tiffany Wingeart, a teacher at Smith Elementary.

The nutritional consulting table was also highly visited

throughout the day. "I was impressed with the turnout. It was also a great promotion for weight-loss support group, but more importantly, it was a great way to raise interest in nutritional awareness," said Sharon Rhodes, a nutritionist at the Woman Infant Child Program.

"The participants had great questions about nutrition and really seemed to want to improve their diet," added Rhodes.

Participants could sit down with counselors between workouts or on breaks.

"I already go to the step, spinning and pilates classes, but today has convinced me to add the toning class to my workout regime and focus on what I'm eating, too," said Heide Cygan, Child and Youth Services Nurse.



Photo by **LeAnne MacAllister**

Heide Cygan burns calories in a step aerobics class during Baumholder's first Aerobathon held at the Hall of Champions Jan. 28.

## Tax center saves families more than \$ 1 million

The Baumholder Tax Center had a very busy first two weeks, turning in some very impressive statistics. "Seven tax preparers and four Soldiers prepared 358 returns and returned \$1,085,261 to the Baumholder community in refunds," said Capt. Wojciech Kornacki, Tax Center project officer.

"Community members saved \$50,120 in preparation fees in the first two weeks alone just by coming to the Baumholder Tax

Center, he said. The vast majority of tax returns, 242, were for spouses married filing jointly closely followed by single Soldiers with 92 returns.

Currently General Powers of Attorney or powers of attorney to file taxes can be obtained from the Tax Center. The majority of returns, 96.9 percent, were electronically filed with the Internal Revenue Service. Filing electronically expedites a customer's return.

"Soldiers needing to file taxes for 2003 and 2004 were also helped," said Kornacki.

The BTAC is open from 9 a.m. to 5 p.m. Mondays through Thursdays and 9 a.m. to 3 p.m. on Fridays.

They are taking appointments for tax preparation but simple tax returns like the 1040EZ can be prepared on a walk-in basis. The center is located in Building 8670 and they can be reached at mil 485-6908.



Photo by **Ignacio "Iggy" Rubalcava**

Tina Colon explains tax filing options to a customer while Sgt. Alan Matsudo reviews her tax application.

## Youth Services

Youth Services offers the following activities:

● **Black History Month Mural Painting** Feb. 16, 22, 23, at the Teen Café for ninth through 12th grade students, 5-7 p.m., free.

All participants must be registered with Community Youth Services and a signed permission slip must be turned in one week prior to each event. For details call Youth Services at mil 485-7276.

### Instructional classes

Registration for gymnastics, martial arts, swimming and photography starts in February. For more information call Commu-

nity Youth Services central registration at mil 485-7003 or Youth Services at mil 485-7276

### Instructors needed

Youth Services is always looking for qualified instructors to contract in instructional areas such as martial arts, music, tennis, arts and crafts and more. For more call mil 485-7276.

### Volunteers needed

Youth Services is looking for volunteers, youth and adults, to assist with special interest clubs and sporting or recreational events. For more information contact your local youth center.



## Spring bazaar opens

The annual spring bazaar opens Feb. 24, 25 and 26. The Baumholder Community Spouses Club has arranged for numerous vendors from throughout Europe to have their merchandise up for sale at the Hall of Champions. More than 40 vendors will offer merchandise like furniture, wine, Polish pottery, medieval artifacts, rugs, crystal and more.

The Bazaar opens from 10 a.m. to 8 p.m. Feb. 24 and 10 a.m. to 6 p.m. Feb. 25 and 26.

## Flu prevention

The USACHPPM website influenza prevention page contains valuable information regarding seasonal influenza, pandemic and avian influenza. Information for health care professionals, leaders and a toolbox where health education materials can be downloaded for local printing is available.

To access the site go to the Baumholder web site front page, [www.baumholder.army.mil](http://www.baumholder.army.mil), and click on the link below the influenza news brief.

## Stitch up a storm

This winter, come and stitch up a storm at the Open Sewing Lab in Room 103 at Baumholder American Middle/High School. Bring your unfinished projects, patterns and fabric to create new designs, knitting, crochet, or even your mending. The lab is open to all parents, students and members of the community. We'll meet every Tuesday, except the first Tuesday of the month from 3-4 p.m.

## Outdoor Rec

Outdoor Recreation is located in Building 8895 (formerly Shooters) on Smith Barracks. Pro shop hours are 11 a.m. to 8 p.m. daily and holidays. A party room is available for rent at Outdoor Rec. Rental prices starting at \$25. For more information call civ (06783) 6-7182 or mil 485-7182.

The following trips are offered by Outdoor Rec:

**Feb. 17-20:** Spend a weekend on the slopes skiing, sledding, or tubing during a President's Day weekend ski trip to Austria. The cost is \$325. Trip includes transportation, two overnights with breakfast, dinner and ski rental, two-day pass and beginner ski lessons. This is great trip for non skiers as well who can spend the weekend at the Gasteiner Spa. The trip is to the Gassteiner Valley with two mountains to choose from.

**Feb 17:** Miramar Spa Evening trip

**Feb 18:** Recreation will take you on a shopping trip Feb. 18 to Czech to buy all the crystal you want for a super price. Trip cost is \$85.

**Feb 24-26:** Interlaken, Switzerland ski and sightseeing trip

**Feb. 27:** Dress up and experience the

German fasching capital of Mainz on Rose Monday, Cost for the trip is \$35 for adults and \$25 for children. Volunteer trip escorts are always needed.

## Climb a rock

Go rock climbing at the Mountaineer Gym. Adult classes are \$10 without certification, \$15 with certification. Daily use fees are \$5 without certification or equipment. Children's classes are \$6 up to 17 years of age with a maximum of 12 per class. Monthly passes for adults are \$30 and \$15 for children.

## Catering available

The Rheinlander offers catering for special events. A two weeks notice is required. Call them at civ (06783) 6-7507 or mil 485-7507.

## Club house for rent

The Rolling Hills Golf Course club house is available for rent for events of 45 to 50 people. The cost is \$50. Birdie balls are now available in the Pro Shop. Call them at (06783) 6-7299 or mil 485-7299 for more information.

## Rudy's rocks

Rudy's Bar and Grill at Strassburg Kaserne offers the following activities:

Family night, every Wednesday at 6 p.m. with a family dinner special, a kids movie and free popcorn

Teen movie night, every Saturday at 6 p.m. with free popcorn, bring your favorite movie

For more details about activities at Rudy's call civ (06781) 41166 or civ 485-8602.

## Don't strike out

Striker's Bowling Center offers the following weekly bowling specials:

Monday Madness, \$5, five games, 5 p.m.

Tuesdays Nifty Fifties Night, 50 cents per game, 5 p.m.

Wild Wednesdays, \$5 participation fee, each game is 25 cents

Birthday party packages are available Stop in our call for party information at civ (06783) 6-6569 or mil 485-6569

## Speedy lube

Speedy lube service is now available at the Auto Craft Shop. The cost is \$15 when the customer supplies the oil and filter. For \$30, the customer receives four quarts of oil and oil filter. Pay \$45 and receive synthetic oil and filter. Call civ (06783) 6-6344 or mil 485-6344 to schedule an appointment. Towing service is also available.

## Catch your flight

Airport shuttle service is available at the Auto Crafts Shop. Prices start at \$85

and pets are priced separately. Service is available to Ramstein, Saarbrücken, Luxembourg, Hahn Airport and Frankfurt International. Call mil 485-6344 for pricing information.

## Story hour

Pre school story hour will be held every Thursday in February at the library from 10:30-11:15 a.m. For more information call Bruce Belknap, USAG Baumholder librarian, mil 485-7229.

## Arts and crafts

Custom framing and engraving is available at Keepsake Arts and Crafts. New framing items are available and there is now a larger inventory.

Instructional classes are available in stained glass, quilting, sewing, knitting, bead making, cake decorating, scrap-

book and watercolor. Instructors are also needed. Call mil 485-6687 to inquire about all classes.

An introduction to photography class is offered Tuesdays and Thursdays from 6:30-8:30 p.m. The cost is \$180. For an additional \$40 students receive a supply of film. Half of the class fee and film supply fee are due at the time of sign up and the remaining is due at the first class. Class is limited to eight participants.

## Capture the moment

Photo packages, including baby's first year, are available at the Keepsake Photo Studio. For an appointment call mil 485-6687 or contact Tiffany Goodrow at civ (06783) 185-6041.

## Athletic club

The Rolling Hills Athletic Club and Pool offers the following fitness activities:

● Yoga, 10 a.m. Wednesdays and

**Continued on page 17**

# Happenings



Photo by LeAnne MacAllister

## Mail's up

Carlo Salonga reaches for a package during his Shadow Day experience at the Community Mail Room Feb. 2nd. Salonga's mother Grace is a CMR employee. Shadow Day is an annual event where children may accompany their parents to work. Over 400 Baumholder children participated in the program.



Continued from page 16

Fridays

- Spinning, 5:15 p.m. Mondays and Wednesdays

- After school aerobics, 3:30 p.m. Fridays

Tickets for fitness classes are \$4 each or 10 for \$30. Tickets are good for any instructor at any location. Tickets can be purchased at the Rolling Hills Athletic Club or Hall of Champions during business hours.

A family Friday swim is scheduled from 5-8 p.m. Cost is \$1. Call them at civ (06783) 6-6156 or mil 485-6156 for more information.

## Aerobics

The Hall of Champions and Mountaineer Fitness Center offer the following aerobics classes:

Mondays, Wednesdays and Fridays, step/toning, 9 a.m.

Tuesdays and Thursdays, Cardio weight training, 9 a.m.

Mondays and Wednesdays, kick boxing, 7 p.m.

Tuesdays through Thursdays, step aerobics, 5:30 p.m.

## Get on the list

If you are pregnant and need full-time child care after the baby is born, you may fill out an application now to be placed on the infant projected care waiting list. This allows Child and Youth Services to use this date as your application date, so you will be ahead of someone who waits until after the baby is born to enroll. There is no fee to be placed on the waiting list. Call civ (06783) 6-7003 or mil 485-7003 for more.

## Free child care

Free respite child care is available for E-1 through E-4 families for up to 10 hours monthly on a space available basis. This care is for infant through Kindergarten ages at the Dispensary Child Development Center, Strassburg CDC and family child care homes when not enrolled in a full-time program. School Age Services provides five free hours to all ranks at SAS programs. Call civ (06783) 6-7003 or mil 485-7003 for details.

## Become a family child care provider

If you desire to work at home, enjoy working with children and families and appreciate the opportunity for growth and professional development, then the

## Happenings



Photo by LeAnne MacAllister

### 45 years of service

Wilhelm Schneider, chief teller, retired after just over 45 years of service to the Baumholder Community Bank Jan. 26th. Schneider began working for the bank March 18, 1960.

Family Child Care Program might be the place for you. Family child care providers offer a loving and educational home environment for children. Providers receive free, intensive training by Child and Youth Services in child development, CPR, first aid, child guidance and medication administrations. Providers receive training and assistance in planning learning activities and supporting optimal development of the children in their care by home visits from the training and curriculum specialist. For more information call civ (06783) 6-7003 or mil 485-7003.

## Youth Services Clubs Torch Club

Torch Clubs are chartered small-group leadership and service clubs for boys and girls ages 11-13. A Torch Club is a powerful vehicle through which club staff can help meet the special needs of younger adolescents at a critical stage in their development. Torch Club members learn to elect officers and work together to plan and implement activities in four areas: service to club and community, education, health and fitness and social recreation.

## Keystone Club

Keystoning is the boys and

girls movement's most dynamic teen program. Keystone Clubs are chartered small-group leadership and service clubs for boys and girls ages 14-18. Keystoners elect officers and plan and implement their own activities in six areas: service to club and community, leadership development, education and career exploration, unity, free enterprise and social recreation. Keystone Club members and their advisors are eligible for nomination to steering committees which organize regional and national TEEN Supreme Keystone Conferences attended by thousands of Keystoners each year.

## Teen Sports Club

The Teen Sports Club is a teen leadership group that promotes health, fitness and sports related careers in Boys and Girls Clubs. Members meet on a regular basis to learn about issues inside and outside their club related to sports and fitness. Club members ages 13 to 18 volunteer at least 25 hours as referees, coaches, or in other athletic department support roles. Club leaders can attend sports leadership camps in each of BGCA's five regions after the completion of their 25 volunteer hours.

## Free CYS bus service

Registered youth in grades 6 through 12 can use the free Community Youth Services bus between the youth centers and outlying areas. Come and check your email, play games, use art materials, join clubs, or have a snack.

For more information on any of these events, call Steve Ferguson at mil 485-8249/7276

## ACS programs

Army Community Service offers the following programs and classes:

Infant Play Group, 0 to 12 months, Iron Kids Playground, 9-10 a.m. Mondays, Fridays

Parent and Tot Playgroup, birth to preschool, Iron Kids Playground, 10-11:30 a.m. Mondays, Fridays

Grupo de Juego para madres/ padres y niños, Jueves, Iron Kids Playground, 11 a.m. to 12:30 p.m.

Maintaining Love in a Healthy Relationship, 5:30-7:30 p.m. Tuesdays

Anger Free Living, 9-11 a.m. Fridays

## Don't go broke

Come learn how to manage your money at the Successful Money Management class Feb. 21 from 2-4 p.m. Class topics

include: how to identify, solve and avoid the major causes of financial problems as well as developing an effective spending plan and managing credit.

## Employment aid

Feb. 23, 11 a.m.-1 p.m., Resumix and Employment Orientation class will be offered. Participants will learn about working for the Federal Government and applying for Federal jobs.

## Interview techniques

Learn how to make a good first impression at the Interviewing Techniques class Feb. 16, 11 a.m. to 1 p.m. Learn how to prepare for an interview, including the most frequently asked and difficult to answer questions and perform mock interviews.

## ID your career

Get assistance in identifying and recognizing different career fields by attending the Career Assessment class 11 a.m. to 1 p.m. Feb. 21.

## Positive parenting

Multiple week family nurturing programs teach positive parenting techniques and alternatives to physical discipline. Children and parents attend at the same time in separate classes. Participation in all sessions is required. There are four separate nurturing classes offered: Pre-natal, Toddler to School (0-5 years), School Age (6-12 years), and Teenage (13-18 years). Call the Family Advocacy Program at mil 485-8188.

**Joe Satellite  
No. 5729**

**Trinity  
Baptist  
Church No.  
7285**